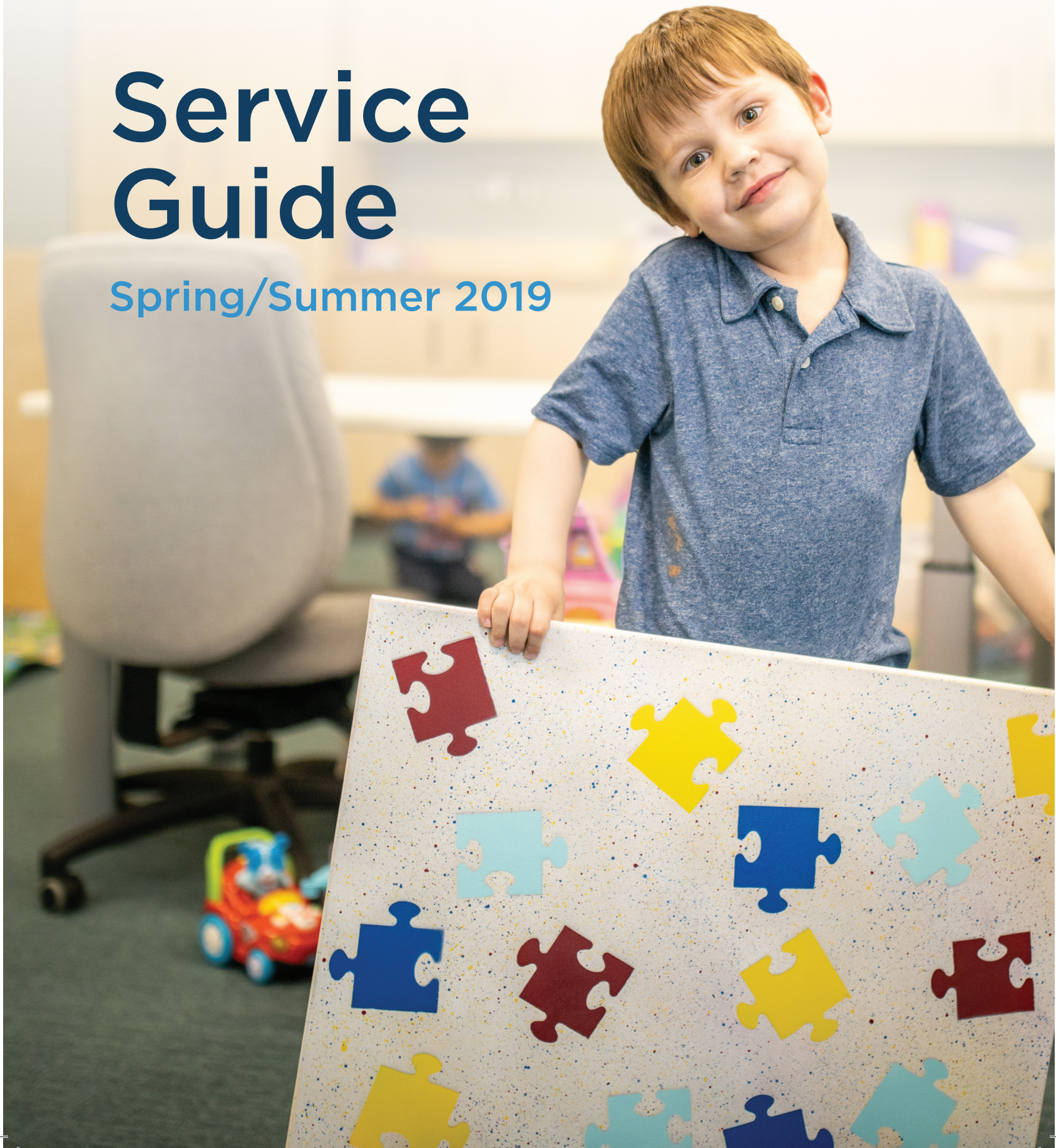


Service Guide

Spring/Summer 2019



Dear Autism Program families,

The uncertainty of the past several months has been hard on all of us, but especially on you. We greatly admire the strength you have shown for your children during this time.

We can all agree that things weren't working in the old system. Many families were missing out on services because of long wait lists and not enough funding. The new system is still evolving, and our Autism Program is evolving too. We want you to know we have been working hard with the government and families to get there. We expect more change to come, but we can't wait and neither can you.

Under the Ontario Autism Program's new direct funding model, families are able to purchase the services they want and need most. That's why we at McMaster Children's Hospital have developed a fee schedule for autism services for the first time ever. We are not in this to make money—that couldn't be further from the truth. But under the OAP's new model, we need to cover our costs so we can maintain crucial services. This is new territory for us, so we will be looking for your input and guidance along the way.

We have consulted with families to learn what matters most to you, and our new program offerings reflect that. As one of the largest children's hospitals in Canada, we are in a unique position.

- Our Autism Program is connected to dozens of other exceptional child and youth services, and we're able to offer a level of integration and expertise that not all centres can provide.
- As a teaching hospital, we have the latest research at our fingertips, and our patients participate in globally-recognized studies.
- We are nationally accredited, and our staff are held to the highest standard of training.

We have developed our service pricing to cover our staffing costs, and remain comparable to our peers. We want you to be able to access the top-tier care MCH is known for providing. Our exceptional team can develop a customized service plan to give you the best value for your budget.

Under this new system, many things will change, but one thing will surely stay the same. You want the best for your kids. So do we. As we navigate this together, we are here to listen. You know your children better than anyone, and have proven time and time again that you are their best advocates. We want to work with you to make this program work for them.

With warmth and compassion,



Peter Fitzgerald
President
McMaster Children's Hospital



Colleen Anderson
Director, Developmental Services
McMaster Children's Hospital

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Find us online at:

[McMasterChildrensHospital.ca/Autism](https://mcmasterchildrenshospital.ca/Autism)

Contact us at 905-521-2100 ext. 78972 or autismprogram@hhsc.ca to:

- Schedule an initial service consultation
- Speak with a MCH Autism Program staff for more information
- Provide input about our services

About Us

Our team is part of McMaster Children's Hospital, one of Canada's leading providers of specialized, evidence-based care for children and youth.

We are based at MCH's Ron Joyce Children's Health Centre - a state of the art facility designed in collaboration with patients and families. It features multiple play zones, a resource library, interactive artwork, and specialized therapy space, such as fully outfitted kitchens where clients can practice life skills. We serve families in Hamilton, Burlington, Oakville, Brantford, Niagara, and surrounding areas. Our services are available to children with a diagnosis of autism, and those with other neuro-developmental disorders or acquired neuro-disabilities.

Our clinical team are experts in Applied Behaviour Analysis (ABA). As part of a hospital, we're held to the highest training and oversight standards. This means you can always be confident our staff have the skills and up to date knowledge to give your children the best chance at success.

Build a plan that works for you

We know one size does not fit all when it comes to autism services. Our service offerings are designed to allow you to mix and match based on your family's needs. Overwhelmed? Let us help.

For a limited time, we are offering a free initial consultation to assess your family's needs and create a customized service plan that gives you the most value for your budget. Call or email us to book yours.

Ask us about discounted service packages

We can offer tailored or themed service packages to help your family accomplish specific objectives. Themed packages include a combination of services to target a goal, such as toilet training, and have been created based on our years of experience in what works best. Our clinicians are also able to work alongside you to customize a service package.

When you buy a package, you will receive a discount compared to purchasing services individually. Ask us about our package options when you come in for your initial consultation.



Level Descriptions

To help parents and caregivers choose the most appropriate services, we have recommended each service according to both age and developmental level. If no age or level is specified, the service is open to all. These levels have been developed by our program for this specific purpose. If you have any questions about what level best matches your child, please do not hesitate to contact us at 905-521-2100, ext. 78972.

AREA	LEVEL A	LEVEL B	LEVEL C
SOCIAL	<ul style="list-style-type: none"> Does not play with toys as they were designed Enjoys solitary play May not respond to adult or peer attempts to interact Enjoys cause and effect toys 	<ul style="list-style-type: none"> Plays with toys as they were designed and enjoys pretend play Aware of adults and peers in close proximity May participate in some interactive or cooperative play with assistance Does not initiate peer interaction but will follow along in simple interactive games 	<ul style="list-style-type: none"> Participates in interactive and cooperative play with little to no assistance Understands the rules of play including turn-taking, sharing, winning and losing Participates in verbal exchanges with self and peers during play Plays board games and video games with minimal assistance
COMMUNICATION	<ul style="list-style-type: none"> May not have a communication system in place Primarily non-verbal Uses visuals or augmentative communication device with prompting Difficulty following simple instructions 	<ul style="list-style-type: none"> Can request needs and wants with 1-4 word sentences or by using an augmentative communication system Minimal back and forth conversation skills 	<ul style="list-style-type: none"> Advanced communication skills using verbal requests, comments and questions Can participate in both verbal and non-verbal communication Can initiate, maintain and end conversations with assistance May become fixated or have trouble moving away from a preferred topic of discussion
BEHAVIOUR & DAILY LIVING	<ul style="list-style-type: none"> Needs help to complete daily routines such as washing, toileting or eating Engages in repetitive behaviours Difficulty transitioning from one activity to the next 	<ul style="list-style-type: none"> Can follow daily routines with minimal assistance Does not like to deviate from daily routine and has difficulty with unexpected changes May engage in repetitive behaviours but is easily redirected Can follow one/two step directions independently 	<ul style="list-style-type: none"> Can follow daily routines with little to no assistance Adapts to transitions and changes to routine Can follow complex individual and group instructions independently

Consultation

Initial Service Planning Consultation

Flexible dates and times

Free for a limited time

Not sure where to begin? Come for a consultation with one of our expert program staff. During the 90-minute appointment, we'll identify your child's needs and strengths, and discuss your goals as a family. The clinician will make service recommendations to help you achieve success!

Clinic Appointment

Flexible dates and times

Cost: \$100/hour


Meet with a qualified behavioural clinician to ask questions and address concerns related to your child's behaviour, or to discuss a specific skill you would like to teach your child. You'll receive tips and strategies for building skills and reducing challenging behaviours.

Resource Consultation

Flexible dates and times

Cost: \$75/hour

Let us help you navigate resources! Our expert program staff will discuss resources and supports available in the community and/or help you complete funding forms.



1 For more information or to register for a service, please contact (905) 521-2100 ext. 78972 or email at autismprogram@hhsc.ca.

Applied Behaviour Analysis (ABA)

1:1 Building Skills

Timing and cost of this service is customized based on your child's needs. Please call us to book an initial consultation, which is free for a limited time.

All 1:1 ABA therapy begins with a comprehensive assessment and custom behaviour plan to meet your child's individual needs. We'll help your child learn new skills like communication, toileting, play skills, self-regulation, and more. Programming is supervised by a BCBA clinician and includes ABA therapy sessions, parent training, and a summary report at the completion of treatment.

1:1 Reducing Challenging Behaviours

Timing and cost of this service is customized based on your child's needs. Please call us to book an initial consultation, which is free for a limited time.

All 1:1 ABA therapy begins with a comprehensive assessment and custom behaviour plan to meet your child's individual needs. Services are available to address challenging behaviours like yelling, aggression, self-injury, property destruction, and others. Programming is supervised by a BCBA clinician and includes ABA therapy sessions, parent training, and a summary report at the completion of treatment.



“We continue to be blown away at the incredible level of service our son receives right here in Hamilton. The entire staff and all the therapists could not be more caring, compassionate, knowledgeable and professional!”

-Vanny's mom, Anne

Spring/Summer Group Programs



All programs take place in a group setting. One to one support is available for an additional fee, if needed.

Making Friends

Age: 6-9 years

Level: B

Tuesdays and Thursdays

Two nights a week, 5:30 p.m.-7 p.m.

Starts June 4

Cost: \$225

Includes six group sessions

This group helps your child build the skills needed to make new friends and maintain friendships. Children will learn how to join and participate in a group, engage in conversation, play together, and develop sportsmanship skills.

How to Get a Job (Evening)

Age: 15-18 years

Level: C

Mondays and Wednesdays

Two nights a week 6 p.m.-7:30 p.m.

Starts June 3

Cost: \$225

Includes six group sessions

This program helps prepare teens for the job market. Participants will learn how to look for a job, prepare a résumé, and practice interview skills.

Let's Cook! (Evening)

Age: 10-14 years

Level: B-C

Tuesdays and Thursdays

Two nights a week, 5:30 p.m.-7:30 p.m.

Starts June 4

Cost: \$300

Includes six group sessions

Your child will learn to make a meal from start to finish. They'll learn to develop a grocery list, plan a meal, set the table and tidy up, and prepare food independently.



Full Day Summer Camp

Age: 7-12 years

Level: B-C

Monday to Friday 9 a.m.-4 p.m.

Starts July 29, cost: \$650

OR

Tuesday to Friday 9 a.m.-4 p.m.

Starts August 6, cost: \$520

Your child will get involved in a variety of fun activities throughout the day, including games, sports, art, music and more!

Participants are asked to bring a nut-free lunch.

School Readiness

Age: 3-5 years

Level: All levels

Monday to Friday 9 a.m.-12 p.m.

Starts August 19 or 26

Cost: \$425/week

Includes five half-day sessions at a 2:1 ratio

Let's get ready for school! This program will help your child build:

- social skills like initiating and responding to greetings and interactive play
- communication skills like requesting items and following instructions
- daily living skills like washing hands, eating with utensils and more!

Beginning Social Skills

Age: 4-7 years

Level: B

Monday to Friday 9 a.m.-12 p.m.

Starts July 29

Cost: \$350/week

This program is designed to build everyday skills for home, school and beyond! These include:

- social skills like initiating and responding to greetings, basic conversations, interactive play with peers, sharing with peers
- communication skills like requesting items, following instructions in a group setting, speaking in full sentences
- daily living skills like changing shoes, washing hands, eating with utensils and more!

Art Club - Junior

Age: 6 - 9 years

Level: A-B

Tuesday to Friday 9 a.m.-12 p.m.

Starts July 2

Cost: \$240/week

Does your child enjoy arts and crafts? This group is for them! Skills targeted in this group include turn-taking, sharing with peers, communication skills and following instructions. All of these skills will be taught while your child has fun and gets creative with crayons, paint and glue!

Art Club - Senior

Age: 7-12 years

Level: A-B

Monday to Friday 9 a.m.-12 p.m.

Starts July 22

Cost: \$300/week

All the fun of Art Club - Junior, but for kids 7-12!

Let's Build! Junior

Age: 7-12 years

Level: B-C

Monday to Friday 1 p.m.-4 p.m.

Starts August 6

Cost: \$300/week

This program takes skill building to new heights! Your child will have fun building with Lego and other materials while working together with others, following individual and group instructions, and improving their problem solving and social skills!

Let's Build! Senior

Age: 10-14 years

Level: C

Monday to Friday 9 a.m.-12 p.m.

Starts July 8

Cost: \$300/week

All the fun of Let's Build! Junior, but for kids ages 10-14.

Sports!

Age: 7-12 years

Level: B-C

Monday to Friday 9 a.m.-12 p.m.

Starts July 22 or August 12

Cost: \$300/week

This is a group for kids with lots of energy that want to learn new sports. We'll introduce your child to a variety of different sports in a structured and noncompetitive environment, while building social skills like turn-taking, waiting, good sportsmanship, and rule following.



Let's Cook! (Morning)

Age: 8-12 years

Level: B-C

Tuesday to Friday 9 a.m.-12 p.m.

Starts August 6

Cost: \$300/week

Your child will learn to make a meal from start to finish. They'll learn to develop a grocery list, plan a meal, set the table and tidy up, and prepare food independently.

Music, Movement & Drama

Age: 10-14 years

Level: B-C

Monday to Friday 1 p.m.-4 p.m.

Starts July 29

Cost: \$300/week

Give me a beat! This program will help your child explore body movement, learn the rhythm of music, and develop social skills through fun drama activities. They will learn how to follow group and individual instructions, ask for help when they need it, take turns and engage in conversation with their peers.

Video Game Club - Junior

Age: 10-14 years

Level: C

Tuesday to Friday 1 p.m.-4 p.m.

Starts July 2

Cost: \$240/week

Video games can be a great tool for teaching communication and social skills. This program will help your child build specific skills like compromising, winning and losing a game, turn-taking, commenting, following rules and more!

Video Game Club - Senior

Age: 15-18 years

Level: C

Monday to Friday 1 p.m.-4 p.m.

Starts July 8 or August 12

Cost: \$300/week

All the fun of Video Game Club - Junior, but for participants aged 15-18.

Games Group

Age: 10-14 years

Level: B-C

Monday to Friday 1 p.m.-4 p.m.

Starts July 15

Cost: \$300/week

Is your child a board-gamer? This group will build skills around setting up and taking down games, following rules, taking turns, communicating with others, waiting your turn, and good sportsmanship.

Robotics

Age: 13-17 years

Level: B-C

Monday to Friday 9 a.m.-12 p.m.

Starts July 15

OR

Monday to Friday 1 p.m.-4 p.m.

Starts August 26

Cost: \$300/week

Perfect for the teen who enjoys science and technology! Participants work with each other to build robots and complete projects. Key skills targeted include following instructions, problem solving, and social skills.

How to Get a Job (Afternoon)

Age: 15-18 years

Level: C

Monday to Friday 1 p.m.-4 p.m.

Starts August 19

Cost: \$300/week

This program helps prepare teens for the job market. Participants will learn how to look for a job, prepare a résumé, and practice interview skills.



I believe the personal attention & expertise provided by the doctors and staff at the Ron Joyce Children's Hospital has been a huge part in the growth & development of my daughter."

-Cornelia's mom, Nancy

Respite Care

After-School and Saturday Respite Programs

Mondays to Thursdays 4:30 p.m.-7:30 p.m.,
Saturdays 9 a.m.-12 p.m.
Starting May 13

Cost: \$60/3-hour session, discount provided when purchased in blocks of four or more

Let our trained Autism Program staff look after your child while you take a break. Children and youth participate in fun recreational activities at our state of the art facility. Sign up for a block of respite (four or more sessions) or register for an individual session.

One to one support can be provided at an additional cost, if needed.



Parent/Caregiver Education and Training

Family Nights

Wednesday, May 29 6 p.m.-7:30 p.m.

Wednesday, June 26 6 p.m. -7:30 p.m.

Free for the months of May and June!

Spaces are limited.

Groups run for 90-minutes.

Pizza dinner for the entire family is provided.

A fun evening for the entire family! Includes:

- Parent support group - meet with other parents, share information and experiences, ask and answer questions, and make connections
- Child group - children with autism participate in child-led free-play activities
- Sibling group - siblings can meet other children who have a brother or sister with autism

Pivotal Response Training

Age: Parents of kids 2-6 years

Level: A-B

Group training runs Tuesday May 28 9:30 a.m.-1:30 p.m. Flexible scheduling for individual in-home sessions.

Cost: \$350

Includes one 4-hour parent group session and two 2-hour individual sessions

Help your child learn their first words and/or expand their use of verbal communication. Pivotal Response Training (PRT) consists of specific strategies to target your child's motivation to learn and communicate. Learn PRT in a group and then work directly with an ABA clinician alongside your child to implement it in your home.

This is for families of children in early communication stages, for example, your child says words but does not yet use them to ask for something.

Workshops

Empower yourself! Learn to use Applied Behaviour Analysis (ABA) principles to change your child's behaviour and teach them new skills. All workshops run for two hours and are delivered by one of our expert clinicians.

Cost: \$30/workshop

WORKSHOPS	DESCRIPTION
<p>Toilet Training</p> <p>May 28, 9 a.m.-11 a.m. July 17, 1 p.m.-3 p.m.</p>	<p>This workshop is most relevant for preschool and early school age children. It is designed to help participants recognize when children are ready to begin toilet training, and identify patterns in current toileting behaviours. Participants will also learn toilet training strategies based on Applied Behaviour Analysis (ABA) principles.</p>
<p>Puberty: Answering Difficult Questions</p> <p>May 30, 6 p.m.-8 p.m.</p>	<p>This workshop is geared to kids elementary school age and up. It will focus on preparing children and youth for the changes that come with puberty such as menstruation, hygiene, and body changes.</p>
<p>Introduction to Play Skills</p> <p>June 13, 12:30 p.m.-2:30 p.m.</p>	<p>This workshop is relevant to all ages, and will help you help your child develop their play skills. You'll learn the stages of play from simple toy play to more advanced cooperative play.</p>
<p>Improving Sleep</p> <p>August 14, 6 p.m.-8 p.m.</p>	<p>This workshop is relevant to all ages. It reviews research-based strategies that can be used to help children fall asleep and maintain a full night's sleep. Strategies are covered step-by-step, in a practical manner to address a variety of sleep-related issues.</p>
<p>Desensitization: How to Make Difficult Events Easier</p> <p>July 8, 10 a.m.-12 p.m.</p>	<p>This workshop is relevant to all ages, and focuses on making difficult activities easier on your whole family. Children with Autism Spectrum Disorder may be more sensitive to common activities like brushing teeth, having their hair cut, or going to a community event. This desensitization workshop will provide strategies to help decrease your child's challenging behaviour during these difficult activities. You will learn how to use a gradual approach to support your child through these routines and situations, and increase their tolerance.</p>
<p>Transition to High School</p> <p>June 18, 6 p.m.-8 p.m.</p>	<p>This workshop will provide information about the importance of developing a transition plan from elementary into high school that supports your child's individual needs and strengths. Strategies to support a successful transition will be discussed and information about general school board transition processes will be shared.</p>
<p>Picky Eating</p> <p>August 21, 6 p.m.-8 p.m.</p>	<p>This workshop covers a variety of positive behavioural approaches to introducing new foods or expanding food choices of children who are picky eaters. Strategies are covered step-by-step, in a practical manner to address a range of feeding issues.</p>

For more information visit us online at
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email **autismprogram@hhsc.ca**.

